

### ABSTRACT OF THE DISCLOSURE

Methods of manufacturing an antenna are presented. The antenna is capable of being  
5 mounted on a printed circuit board. In accordance with the method, the design dimension of a  
unitary piece of material are selected according to an operating wavelength. The unitary piece of  
material is stamped out from a larger section of material according to the design dimensions to  
form an antenna. The unitary piece of material includes a circular area and a stem area. The  
circular area has a center and an outer region. The stem area has a first end and a second end.  
10 The first end is joined with the outer region. The unitary piece is bendable at the first end and  
the outer region.